



## Sign up for your Biometric Screening

Date

Time

On-site Biometric Screenings include:

- A blood draw to measure your total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, and blood glucose
- Checking your blood pressure
- Measuring your body composition, including height, weight, Body Mass Index (BMI), and waist measurement

You are encouraged **NOT** to eat or drink anything for at least nine hours prior to your **CONFIDENTIAL** screening (with the exception of water and daily medications). Please contact the Viverae Health Center with any questions or concerns at 888-VIVERAE (848-3723).

*All programs are confidential and HIPAA-compliant. Any information shared with the Viverae team will not be disclosed except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.*

**Questions?** Contact the Viverae Health Center at **888-VIVERAE (848-3723)**.

### Sign-up

- Log on to [www.myviverae.com](http://www.myviverae.com)
- Scroll down to Events
- Select the event you would like to attend or choose **View All**
- Click **OK** to complete the sign-up for your screening
- You can also register by calling the Viverae Health Center at 888-VIVERAE (848-3723)

### Location

Location Name

Location Address

Room Details



:: Viverae Health Center :: 888-VIVERAE (848-3723) :: [www.myviverae.com](http://www.myviverae.com)